AMENDMENTS TO THE CLAIMS

The following listing of claims replaces all prior versions, and listings, of claims in the application.

- 1. (Currently Amended) A flavored capsule encapsulating a dose of fish oil, comprising a flavored capsule and a dose of fish oil, wherein the flavored capsule comprises: a) a forming agent chosen from the group consisting of gelatin and vegetable starch; b) a capsule softener; c) water; and d) a water soluble flavoring; and e) a dose of fish oil, wherein said capsule softener is present in the range of about 10% to about 35%, the water is present in the range of about 6% to about 10%, the water soluble flavoring is present in a concentration of about 1.5%, and the water soluble flavoring is a lemon flavor, and wherein the dose of fish oil is encapsulated by the flavored capsule.
- 2. (Previously presented) The flavored capsule of claim 1, wherein the capsule softener comprises a polyol.
 - 3. (Cancelled)
 - 4. (Cancelled)
- 5. (Previously presented) The flavored capsule of claim 2 wherein the polyol comprises sorbitol or glycerol.
 - 6. (Cancelled)
 - 7. (Cancelled)
- 8. (Previously presented) The flavored capsule of claim 1, further comprising an oil soluble flavoring in the fish oil dose.

- 9-16. (Cancelled).
- (Previously presented) The flavored capsule of claim 1, wherein the forming 17. agent is gelatin.
- 18. (Previously presented) The flavored capsule of claim 1, wherein the forming agent is vegetable starch.